POLYVAGAL THEORY & IFS

JANUARY – APRIL 2027 · ERICEIRA

Polyvagal Theory & IFS

An Integrative and Experiential Journey · 4th Edition

Join Deb Dana and Alexia Rothman for a 40-hour hybrid training program that weaves together two of the most powerful frameworks in contemporary trauma work – Internal Family Systems (IFS) and Polyvagal Theory (PVT) – in an experiential, side-by-side integration.

The program opens online with six three-hour live sessions (three led by each presenter) exploring the foundational principles of each theory and their integration through teaching, discussion, and Q&A. It culminates in a four-day onsite immersion experience in the beautiful coastal town of Ericeira, Portugal, where each day pairs the two modalities around a specific clinical theme. Participants will experience and practice both a parts-based and a nervous-system-based approach to key topics in clinical practice.

Each of the four onsite days includes a morning block of guided meditation and experiential exercise, teaching, Q&A, and an IFS or PVT live demonstration; a spacious lunch break to connect with colleagues and enjoy the local cuisine; and an afternoon block with a second live demonstration and hands-on skills practice in both modalities. Evenings are free to relax and enjoy Ericeira.

SCHEDULE

A four-month journey · 40h total

Three modules — two online, one in-person at Ericeira

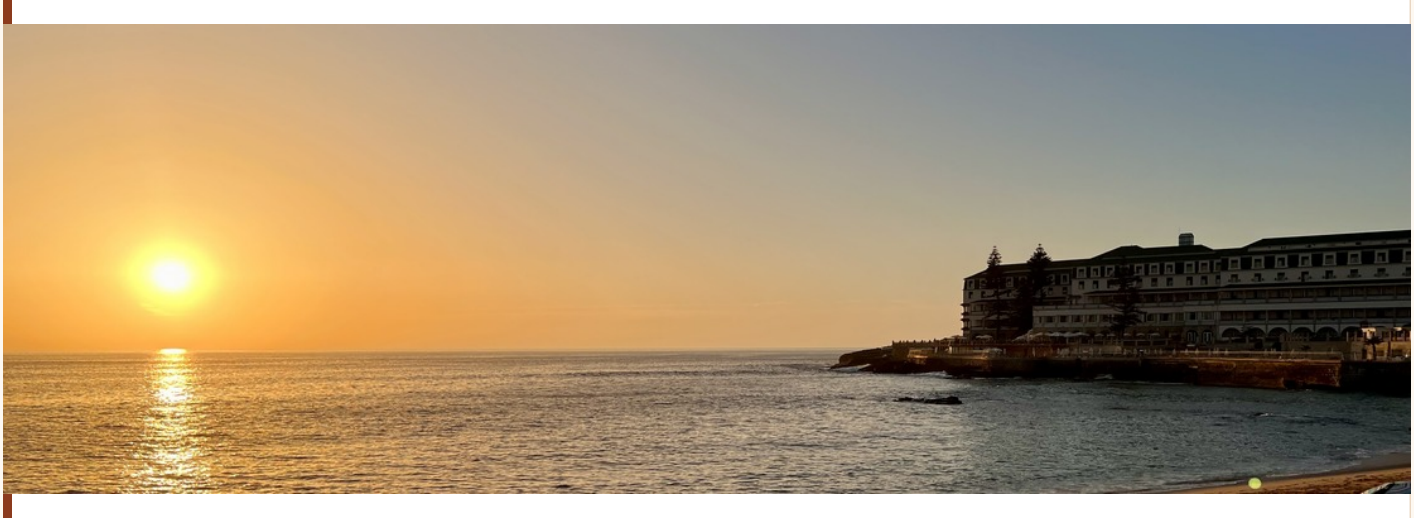
Module 1
January
8 · 15 · 29

Online · 9h
Polyvagal Theory
with Deb Dana — three 3-hour sessions
5–8pm Portugal Time · 12–3pm ET
Jan 29 only: 6–9pm Portugal Time · 1–4pm ET

Module 2
February
5 · 12 · 19

Online · 9h
IFS & Polyvagal Theory
with Alexia Rothman — three 3-hour sessions
5–8pm Portugal Time · 12–3pm ET

MODULE 3
April 15–18 · In-person · Ericeira · 22h
PVT & IFS Integration — experiential workshop with Deb Dana & Alexia Rothman



A TYPICAL DAY IN ERICEIRA

8:45 – 9:00	Arrival & settling	*12:15 – 2:00*	*Lunch*
9:00 – 10:15	Morning session 1 (75 min)	**2:00 – 3:30**	Afternoon session 1 (90 min)
10:15 – 10:45	*Coffee break*	*3:30 – 4:00*	*Coffee break*
10:45 – 12:15	Morning session 2 (90 min)	**4:00 – 5:15**	Afternoon session 2 (75 min)

Each day pairs an IFS and a PVT live demonstration, plus hands-on practice in both modalities.

PROGRAM

What you will explore

- The fundamentals of Polyvagal Theory and the IFS model
- How polyvagal concepts can be understood and interpreted through an IFS lens
- How an understanding of PVT can inform and enrich your IFS practice
- Possibilities for the integration of PVT and IFS in therapy with your clients

The agenda includes IFS-based meditations relevant to Polyvagal Theory, didactic presentations, discussion and Q&A, experiential exercises, and live clinical demonstrations by Deb Dana and Alexia Rothman.

Three ways to attend

Choose the format that fits your journey

Online Training
Modules 1 & 2
18 hours
with Deb Dana & Alexia Rothman
€ 450

Full Training
Online + In-person
40 hours · the complete journey
with Deb Dana & Alexia Rothman
€ 1000

In-person · Ericeira
April 15–18
4 days · 22 hours
with Deb Dana & Alexia Rothman
€ 650

MEET THE PRESENTERS

TRAINER · POLYVAGAL THEORY

Deb Dana, LCSW

Clinician, author · Pioneer of Rhythm of Regulation®

"The nervous system as a map of daily life"

A specialist in complex trauma, Deb Dana translates Polyvagal Theory into a clear and accessible language, training therapists worldwide to bring this perspective into clinical practice. A founding member of the Polyvagal Institute, she leads January's Module 1, focused on the foundations of PVT: neuroception, autonomic hierarchy, and co-regulation.

TRAINER · IFS AND PVT INTEGRATION

Dr. Alexia Rothman

Clinical psychologist · Co-Lead Trainer at the IFS Institute

"Healing through compassionate connection"

In private practice in Atlanta since 2004 and trained directly by Richard Schwartz, Alexia Rothman is an internationally recognized voice in IFS education. She leads February's Module 2, focusing on the foundations of IFS theory and a Polyvagal-informed approach to IFS practice.

HOST · ORGANIZER

Aníbal Henriques

Psychotherapist · IFS Portugal · SPPC

"Holding the space where this work can happen"

Aníbal Henriques hosts and organizes this 4th edition of the Polyvagal & IFS workshop in Ericeira. Through the Advanced Psychotherapy Specialization and IFS Portugal, he has been bringing leading IFS and Polyvagal voices to Portuguese-speaking and international practitioners, curating training experiences that combine rigorous clinical learning with the contemplative quality of the Atlantic coast.

Register for the workshop

Secure your place at this 4th edition with Deb Dana and Alexia Rothman.

Learn more & register

STAY WITH US

IFS Portugal

Resources to keep you company between gatherings

PODCAST
IFS Talks
Conversations on the IFS model
Listen on Spotify →

BOOK · NEW RELEASE
IFS Collected Wisdom
Conversations with experienced voices in IFS
Find on Amazon →

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